

# **CarePRO**

## **Care Partners Reaching Out**

### **Developing the Skills Needed to Care for Someone with Dementia or Memory Loss**

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- Are you a family caregiver residing in Arizona and do you help care for someone with dementia or memory loss?
- Do you provide an average of 4 hours of care or supervision per day for that individual?
- Do you find caring for your loved one increasingly demanding of your time and energy?

**If so, CarePRO may be able to help you.  
Through our free workshops, you will learn:**

- About dementia and its impact
- How to manage your frustration, irritation, and stress
- How to communicate with your loved one
- How to take better care of your own health

**For more information, please call:**

**Area Agency on Aging, Region One  
24-hour Senior HELP LINE  
602-264-HELP (4357)**

**or**

**Alzheimer's Association Desert Southwest Chapter  
602-528-0545 or 1-800-272-3900**

**\* Please see reverse for details \***

## WHAT IS THIS PURPOSE OF THE CarePRO PROJECT?

- To assist family members caring for a loved one by providing free dementia related education and training workshops designed to reduce caregiver stress, enhance caregiver well-being, and help caregivers manage difficult caregiving situations.
- To gather feedback from individuals about their caregiving experience to continue to improve programs for dementia caregivers.

## WHO WILL BE INVOLVED IN THIS PROJECT?

- Overall, the project will serve approximately 400 caregivers throughout Arizona, who report caregiving for a person with dementia or memory loss.
- Project staff from the Alzheimer's Association Desert Southwest Chapter, your local Area Agency on Aging, the Department of Economic Security's Division of Aging & Adult Services, and Arizona State University's School of Nursing and Health Innovation.

## WHAT WILL INVOLVEMENT MEAN FOR ME?

- Caregivers will attend five 2.5 hours workshops to learn strategies to help them handle difficult caregiving situations, reduce caregiver stress, improve mood, and communicate better with others, including their loved one with memory problems. Respite care and transportation assistance will be available to help caregivers attend these workshops.
- Caregivers will receive five 30-40 minute individual telephone coach calls to review material covered in the workshop and how to apply it to their own caregiving situation.
- Three additional 30-40 minute check-in calls 1, 2 & 6 months after the end of the workshops.
- Prior to the first workshop, caregivers will be asked to participate in a 45 minute confidential telephone interview that asks questions about your caregiving experience, including its impact on your stress levels, mood, and physical health. You will be asked to participate in a similar interview again about 3, 6 and 12 months after your first interviews to help us to continue to improve the program. The three follow-up interviews will include incentives of \$25 per interview for the caregiver's participation.
- You also will be encouraged to give information about this project to other caregivers of people with dementia.

## HOW WILL THIS HELP MY COMMUNITY AND ME?

- Many caregivers appreciate the opportunity to learn new strategies and meet other caregivers. The feedback gathered from speaking with caregivers like you will be used to help improve the quality of caregiving health and education programs.

## WHO WILL KNOW THE INFORMATION I GIVE DURING THESE INTERVIEWS?

- Every precaution will be taken to protect your privacy.
- No one will be identified individually in reports or materials developed from the project.

## **HOW DO I SIGN UP OR GET MORE INFORMATION?**

**Area Agency on Aging, Region One** or **Alzheimer's Association Desert SW**  
602-264-HELP (4357) 602-528-0545 or 1-800-272-3900